

HIGH FLYER

IN GOD WE TRUST, ALL OTHERS WE MONITOR

VOL. 10, ISSUE 17

SERVING THE BEALE AIR FORCE BASE, CALIF., COMMUNITY

APRIL 27, 2007



Movin' on up

(Above) Two cranes hoist the SR-71 static display, previously located near the flightline, onto a flatbed truck trailer Saturday. Team Beale members worked together for a majority of the day in order to transport the SR-71 to its new location.

(Below) The SR-71 static display is transported down the flightline to its new location at Heritage Park. (Photos by John Schwab)



Beale volunteers help community build homes

By Senior Airman
Christine Collier
9th RW Public Affairs

Through gusty winds and slippery rain, warm temperatures and hot sun, members from Team Beale have braved the weather to help families build their own homes in an ongoing community project.

Beale's Air Force Sergeants' Association Chapter 1372 has partnered with Mercy Housing, a non-profit public benefit or-

ganization, to help families in need build houses in local communities. The goal of Mercy Housing is to provide a community development program that promotes revitalization and reinvestment in rural and urban neighborhoods.

"It's a great concept," said Staff Sgt. Joseph Bright, Beale's AFSA plans and programs officer. "Families apply to build their homes, receive government grants, and spend at least the re-

see **MERCY** page 3

Medic receives Bronze Star

By Airman 1st Class George Cloutier
9th RW Public Affairs

A captain with the 9th Medical Operations Squadron recently received a bronze star medal for her contributions to the welfare of the people of Iraq.

Capt. Samantha Elmore, 9th MDOS public health chief, served as the functional specialties public health veterinary epidemiologist with the 358th Civil Affairs Brigade, Multi-National Corps-Iraq, from Oct. 13, 2006 to March 15, 2007 during Operation Iraqi Freedom.

Captain Elmore and her team of civil affairs professionals made numerous contributions to the health and quality of life of the Iraqi people. Their efforts were part of a coalition effort to win

the Global War on Terror by improving conditions which foster terrorism.

The captain's first assignment upon arrival in Baghdad was to assess the Baghdad City Morgue.

"We were looking at sanitation and hygiene and what we could do for them," the captain said. "They had refrigeration units, but none of them worked. They were just stacking bodies on floors, or outside, or in refrigeration units that didn't work."

The captain said her work at the morgue and the reports she submitted to coalition leadership led to the facility receiving much needed refrigeration units as well as body bags, which they were in desperate need of.

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This Beale program helps new parents make an easier transition into parenthood. For more information, see Page 11.

A Beale chaplain was recently named the 2006 Military Chaplains Association Distinguished Service award recipient. See more on Page 11.

OPEN LINE



-The Open Line is your direct line to the 9th Reconnaissance Wing commander. The Open Line is used to ask questions, make suggestions, or give thanks for a job well done. The most efficient way to solve an issue is to work through the relevant office and use the chain of command. If you are unable to resolve the issue, or are not satisfied with the response, call the Open Line. If

you would like to receive a response, leave your name and phone number with your message. Open Lines of general interest will be published in the High Flyer; others will be answered by letter, phone or in person.

Open Line number:
634-8888

Open Line e-mail:
9RWPA@beale.af.mil

Brig. Gen. H. D. Pumbo, Jr. is the 9th Reconnaissance Wing commander at Beale. (Photo by John Schwab)

TFI tutorial: The 'how's' and 'why's'

*By Lt. Col. Jon Ellis
13th Reconnaissance
Squadron commander*

A lot of progress has been made lately in regards to Total Force Integration.

It seems like in every issue of every Air Force publication you see mention of TFI or Total Force.

Well, TFI is coming to Beale. There are a number of changes on the near horizon that will transform the way Beale does High Altitude Intelligence, Surveillance and Reconnaissance.

The evolution of new and existing missions and organizations here will be an impressive and unique TFI solution to the 9th Reconnaissance Wing mission, and Beale is ideally positioned to become an Air Force showcase for TFI and transformation.

But what is TFI?

How do you TFI?

Why here and why now?

First, the why and how. According to the official Air Force TFI Web site, TFI, "Incorporates innovative organizational constructs with a smaller, more capable force structure, to leverage increased capability from new technology and capitalize on

the wealth of talent inherent in the active duty Air Force, Guard, and Reserve components."

These organizations — known as associate units — take advantage of the incredible depth of experience resident in the Air National Guard and the Reserve (together known as the Air Reserve Component or ARC).

The basic idea behind an associate unit is that the active duty "owns" the equipment and the infrastructure, and the ARC provides manpower to help fulfill mission requirements.

The end result is a seamless integration of ARC and active duty members, working side by side to get the mission done.

Which is not to say the ARC isn't already a vital force here -- the reality is quite the contrary.

In addition to their primary role as a Reserve KC-135 wing, members of the 940 Air Refueling Wing have been augmenting the Air Force and the 9th RW for many years. Reserve personnel have served in nearly every conceivable 9th RW mission area, and the 940th constantly has members deployed worldwide in sup-

port of the Air Force mission.

So why here and now?

From the 2007 Air Force Posture Statement: "As the Air Force transforms to a smaller, more agile and lethal force, we will retain the strengths of the Guard and Reserve and use them in new ways to reflect a changing mission set ... Ongoing Total Force initiatives integrate Air Force components into missions critical to future warfighting, and include ISR (and) UAVs" -- core missions for Beale.

As Air Force Reserve Command draws down the KC-135 flying mission (a result of Base Realignment and Closure 2005), the 940th will transform and assume an associate role supporting the missions of the 9th RW.

But we've already started our TFI efforts, with two associate squadrons currently supporting ISR missions here. The Calif. ANG 234 Intelligence Squadron Distributed Ground Station-2, and the 13 Reconnaissance Squadron (AFRC) support the Global Hawk.

In fact, at the Air Force Association's Air Warfare Symposium in February, Gen Ronald Keys, Air Combat Command commander, cited



Lt. Col. Jon Ellis

Beale as a benchmark for TFI operations.

He said that the integration of ARC members into the Global Hawk mission is "one of the great successes we've had ... a great example of taking the best of both breeds and getting ourselves more combat capability."

There will be growing pains. There will be changes in direction.

But as we develop new missions and new organizations, we'll continue to look for Total Force solutions to the challenges that lie ahead. Now, more than ever before -- One Team, One Fight.

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The editorial content is edited, prepared, and provided by the 9th RW public affairs division, Beale AFB, Calif. The staff can be contacted at (530) 634-8887 or via e-mail at high.flyer@beale.af.mil.

Published photos are official Air Force photos unless otherwise indicated. **Deadline for all editorial submissions is noon Thursday one week prior to publication.** Deadline for Beale classified ads is 4:30 p.m. Tuesday the week of publication.

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Capt. Samantha Elmore (left), 9th Medical Operations Squadron public health chief, talks to an Iraqi burn specialist at the Baghdad Teaching hospital about the hospital's need for supplies during her recent deployment to Iraq. (Courtesy photo)

MEDIC from page 1

When the assessment of the morgue was complete, the captain's next assignment was to assess a series of hospitals.

"These hospitals were nothing like the hospitals in the states," the captain said. "Sometimes people didn't even want to go to the hospitals because there's no medication and no supplies. There was no staff, no drugs and no supplies, so we just kept coming to see what we could do to help them, even a little bit."

Captain Elmore's assessment of the hospital facilities lead to the approval of a \$300,000 package to provide much needed relief in the form of new equipment, medication and the cleaning and sanitizing of facilities and equipment.

Captain Elmore said it was her next and final assignment that was the most rewarding. She was tasked to be part of the creation of the first ever Preparatory Iraqi Nurse Course.

"We put a course together that was basically an introductory to nursing," the captain said. "Our target was rural women who never had a chance to go

to school after about sixth grade."

The captain taught 17 Iraqi women the basics of nursing, including wound care, microbiology and cardio pulmonary resuscitation.

According to the captain, the women who attended the class faced great danger and threats to themselves and their families. Despite these dangers, they persisted in attending the class and were very grateful for the opportunity to improve their quality of life.

"We had a little formal ceremony at the end where they walked across the stage and got lab coats and stethoscopes," the captain said. "They thought it was one of the greatest moments in their lives to be able to walk across that stage."

The captain said at the time she was preparing to return from her deployment her team was working on nationalizing the program.

Through her actions, Captain Elmore improved the lives of countless Iraqis and ensured the success of coalition forces in winning the Global War on Terror.

MERCY from page 1

quired 40 hours a week building their new houses."

Sergeant Bright learned of the Mercy Housing project as he was looking to purchase his own house with friend Staff Sgt. Josh Burdett.

"I saw some houses being built and thought they looked pretty nice," the sergeant said. "When I stopped to inquire about the builder, I was told about the project. I immediately started to think about how we could get volunteers from the base involved with these families."

AFSA quickly became the platform by which base members could be reached. Since the base has become involved, 70 volunteers from Beale have completed more than 280 hours of work on the homes, building in any weather.

"It doesn't matter if it's windy and rainy or hot and sunny," said Tech. Sgt. Jeanna Rogers, Beale's AFSA president. "The important thing is that we're out here helping these families - families that are so grateful for any assistance we can provide."

Each home takes approximately 10 months to build, and there are currently 30 homes under construction. All of them are scheduled to be finished by the end of summer, and there are another 70 home sites beginning construction soon.

"Beale volunteers have been working

hard to do whatever they can for these local families," Sergeant Rogers said. "It has also helped that wing leadership has been extremely supportive of AFSA's involvement in the project."

In addition to the support Beale has provided and will continue to provide, the families benefiting from the Mercy Housing project also have been supporting each other. There are 10 homes built per phase and each family works with the other families to keep the home-building on track and at relatively the same pace.

According to Sergeant Bright, the idea is to build small communities where neighbors actually know each other and help one another out. Beale's involvement also brings the base out into the community, so the community knows Beale is part of the neighborhood as well.

"It feels like we are actually making a difference," Sergeant Bright said. "Once you go to the site you realize that these families are just like you and that makes you want to help even more. At the end of the day, you are glad you got up early on a Saturday and made a difference."

For more information on the Mercy Housing project, call Staff Sgt. Joseph Bright at 634-8872 or visit the Mercy Housing Web site at www.mercyhousing.org.

WARRIOR SPOTLIGHT

Airman 1st Class Christopher Alexander

Unit: 9th Security Forces Squadron

Job: Patrolman

Hometown: Inverness, Fla.

Air Force goals: I would like to earn senior airman below the zone, along with my associate's degree in criminal justice

Time in the Air Force: One year and eight months

Hobbies: Rapping, basketball and fishing

The thing I like best about

Beale AFB: Being a young airman with a will and way, with tremendous support from his squadron and peers



Airman 1st Class Christopher Alexander is a patrolman for the 9th Security Forces Squadron (Photo by Airman 1st Class Robert Biermann)

CSAF's Vector: Airmen Warriors

By General T. Michael Moseley
Air Force chief of staff

We are a Nation at war. As a Service, we've been in continuous combat for over 16 years.

The strain is taking a toll on our people and our equipment, yet Airmen persevere, going above and beyond the call of duty every hour of every day. We have answered the Nation's call to defend America, its interests and ideals.

As Airmen, we have a unique warfighting perspective, shaped by a century-old quest to gain the high ground.

The association between Air Force and flying is universal, inherent and undeniable.

Yet, over the years, we have become so technically proficient and specialized that we have sometimes drifted from our core essence and let our functions override our mission-focus and warfighting orientation.

We must never forget that our Air Force isn't just a conglomeration of diverse specialties, skill sets, or jobs.

Ours is the profession of arms. We are Airmen Warriors - dedicated to flying, fighting, and winning.

As the youngest of America's five Services, our battle traditions are just a hundred years old. Nevertheless, we are heirs to a proud heritage.

The Airman Warrior tradition was built by heroic visionaries and practitioners - such as Mitchell, Arnold, Chennault, Doolittle, LeMay, and Schriever - who charged us to believe in and advocate the value of air power for the Nation.

They left us a spirit that fosters initiative, innovation, and forward thinking.

They left us an institutional belief in leading by example, from the front, and assuming the full measure of risk and responsibility.

They left us a heritage of valor, honor, service and sacrifice. This legacy - the contrails they left behind - defines who we are, shapes what we do, and sets

the vector for our future. We stand on the shoulders of giants. Since becoming Chief a year and a half ago, one of my top priorities has been to reinvigorate the warrior ethos in every Airman of our Total Force.

To me, our warrior ethos is the warfighting-focused culture, conviction, character, ethic, mindset, spirit, and soul we foster in all Airmen.

It's the pride in our heritage, the recognition that our Nation depends on us to dominate air, space and cyberspace, and our willing acceptance of the burden of those immense responsibilities.

We're duty-bound to imbue our newest Airmen with these warrior virtues during basic training and foster them throughout every Airman's career. Read the next two pages and consider them very carefully.

The first page is a short "test" I want you to take. I know most Airmen will agree wholeheartedly with these statements about our mission and direction.

But if you aren't in formation, get in position immediately.

I need everyone in our Total Force on a single line-up card, thinking and acting with one mind, committed to and guided by these fundamental beliefs. The second page debuts our new Airman's Creed, which will replace all existing Air Force-related creeds.

Its memorable and hard-hitting lines articulate these fundamental beliefs and capture the essence of our warfighting ethos.

As Airmen, we wage and win our Nation's wars, all the while fulfilling invaluable and unique roles and missions in peace, crisis and war.

As Airmen, we build on our rich combat heritage while reaching toward an infinite horizon.

And, as Airmen, we fly, fight, and win.

Don't you ever forget it!

Roll Call No. 17: Professional development publications

By Air Force leadership

When you reflect on your many experiences as an Airman, you may realize leadership is learned, not inherited.

Various sources, including Professional Military Education, Weighted Airman Promotion System, and observing positive role models and mentors are all ways Airmen learn how to become effective leaders.

We have combined two publications, the Air Force Pamphlet 36-2241, Volume No. 1, Promotion Fitness Examination and Air Force Pamphlet 36-2241, Volume No. 2, United States Air Force Supervisory Examination study guides, into one called the Air Force Pamphlet 36-2241, Professional Development Guide.

This was done to create one resource for Airmen to use not only for WAPS studying, but to also use on a daily basis throughout their career as a reliable reference.

In today's high ops tempo environment, you will encounter tough problems and situations that require you to make sound decisions - the right decisions.

Armed with the lessons learned from past experiences and expertise and the various professional qualities highlighted in the PDG, Airmen can make sound, professional decisions that meet our service objectives.

Important information:
* Release of the PDG will begin April 16 across the Air Force

* For units experiencing difficulties with receiving the PDG an elec-

tronic version will be available on April 16 at the AFOMS Web site <https://www.omsq.af.mil/PD>.

* Senior master sergeants will be the first Airmen to use the PDG for testing in September 2007

* PDG added feature this year is MP3 files that will be available for download in June from the AFOMS web site.

* The PDG is a tool in the continuum of professional growth for every Airman - the challenge is for you to read and understand it, and then apply what you learn.

* Since updating the Professional Development Guide is a never-ending process, Airmen can submit feedback, suggestions or changes to the PDG at pfesg@randolph.af.mil.

Child care: Deployment preparation

By Airman 1st Class George Cloutier
9th RW Public Affairs

Individuals who get recalled during the late night or find themselves getting prepared for a long deployment don't need to stress about child care, as there are many child care options available to Team Beale members.

The Child Development Center and Team Beale first sergeants are helping parents, especially dual military and single parents, ensure their children's safe care while mom and dad are answering the call of duty.

According to Michelle Bunnett, CDC director, one program parents can use for short term care needs is the Family Child Care's extended duty child care plan.

The program offers parents free child care when extra duty hours require care outside their normal arrangements. The service is provided through the Family Child Care Program.

The CDC opens for all base-wide recalls for children who are enrolled in

the full-day child care program 45 minutes after the initial recall.

The CDC closes 30 minutes after the end of the recall.

"Parents must also ensure that long-term plans are in place for their children's care and their form 357s are up-to-date," Ms. Bunnett said.

"It is imperative for single parents and dual military couples to have an effective family care plan," said Senior Master Sgt. Jennifer Lucero, 13th Intelligence Squadron first sergeant. "When there is no family care plan in place, the mission suffers."

Ms. Bunnett said single and dual-military parents along with their first sergeants are required to update their form 357s annually. If a friend or family member who is listed as an alternate care provider is no longer available, they must be removed and replaced immediately.

For more information on child care call the Child Development Center at 634-4717. For more information on the Family Child Care Program, call Marsha Amano at 634-5655.

Enlisted Thunderbirds visit Air Force widows

By Jodi L. Jordan
Air Force Enlisted Village

SHALIMAR, Fla. — Enlisted Airmen who maintain the F-16 Fighting Falcon jets flown by Thunderbird pilots often work behind the scenes while crowds enjoy the air demonstration team's shows. Recently, the enlisted Thunderbirds and a very special group of admirers made a personal connection -- not at an air show but because of an air show cancellation.

The Sunshine State was not living up to its name April 14. Impending severe weather caused officials at nearby Eglin Air Force Base to cancel a much-anticipated air show, including the Thunderbirds' performance, set for that day. Faced with some unexpected and unusual free time, more than 20 enlisted members of the team made a surprise visit to Hawthorn House, the Air Force Enlisted Village's assisted-living residence for widows of retired enlisted Airmen. Hawthorn House residents learned of the visit less than an hour before the Airmen were to arrive.

Anxious women gathered in the building's foyer, peering out the glass doors, each trying to be the first to see the team members. "Are they here yet?" asked one resident as she leaned on her walker. "Is that them?" asked another from her motorized wheelchair, when she saw a

van pass.

Soon the Airmen arrived, sharply dressed in their signature blue flight suits. Handshakes turned to hugs as the team went around the room, kneeling to talk to residents who could not stand, posing for pictures and signing Thunderbirds programs the Airmen had brought as gifts.

"I just want to thank you all so much for what you do," said Dian Haynes, a Hawthorn House resident, as she embraced one young airman. "I just love you all for it."

The visit was the result of a dinner the night before between Senior Master Sgt. Frank Dailey, who works at nearby Hurlburt Field, and Senior Master Sgt. Kevin Webster, the line chief for the Thunderbirds. Sergeants Dailey and Webster were classmates at the Senior Noncommissioned Officer Academy, and the friends had decided to have dinner together the night before the air show. The team had been given tours of many of the facilities on Eglin, but they were not scheduled to see the Air Force Enlisted Village, one of the four official charities of the Air Force.

"I told Kevin he had to go see it," Sergeant Dailey said. "The ladies who live at the enlisted village are our national treasures. They had to keep the families going in a time when it was very tough to be an Air Force wife, while their husbands

were serving our country. They deserve our utmost respect and admiration for what they gave to the Air Force, too."

Sergeant Dailey, a long-time supporter of the AFEV, insisted that he and Sergeant Webster drive by the campus that night so that the team would know how to find the place if the anticipated severe weather caused a cancellation the next day. When that scenario unfolded April 14, Sergeant Webster called Sergeant Dailey, and they set up the visit with the staff of the AFEV.

"I guess the good Lord just wanted those guys to visit the ladies," Sergeant Dailey said.

Besides visiting with residents, the Airmen received a briefing on the mission of the AFEV.

"This place is your heritage. We need your help to get the word out about the Air Force Enlisted Village," said Glenn Yost, Hawthorn House administrator. "There are people in the Air Force today who have no idea that we exist. We're there to provide a home for all enlisted surviving spouses. We can also help active-duty spouses if their sponsor dies, and we can take the dependent parents of active-duty [Airmen] and retirees."

None of the Thunderbirds' jets flew that day, but the team still dazzled their audience. And this time, the Airmen left just as amazed as the

people in the crowd.

"I think the most significant thing for me and for many of the guys who made the visit was the opportunity to see where our donations are going," said Staff Sgt. Kristi Machado, an aerial photographer with the Thunderbirds. "Throughout our Air Force career, we're asked to donate to different organizations, and we do. But getting to see the facility and meet the people who are supported by those donations was a wonderful thing."

Following the April 15 air show, Sergeants Webster and Machado, and another group of enlisted team members, returned to the Hawthorn House for one more visit. They brought with them three signed Thunderbirds lithographs for each of the AFEV's three locations, and more than \$800 that the Airmen had raised overnight to donate to the enlisted village.

"You really touched our hearts during our visit yesterday," Sergeant Webster told a group of residents. "This donation represents our appreciation for you and what you've done."

For more information on the Air Force Enlisted Village, visit its Web site at www.afenlistedwidows.org or call (800) 258-1413.

To donate to the Air Force Assistant Fund speak with your unit AFAP representative.



What's happening in the Air Force?
Go to www.af.mil to find out

Summer fun in the sun: Sunburn protection tips

By Freddie Flemming
9th RW Safety office

Too much sun can give you painful sunburn, cause heat exhaustion, or lead to heat stroke. It may also cause long-term skin damage - even skin cancer.

To reduce these risks be aware of the following measures:

- * Build up exposure to the sun gradually.

- * Use a sunscreen product. They're rated by Skin Protection Factor.

- * Re-apply sunscreen after swimming.

- * Try to stay out of the sun when it's the strongest - from 10 a.m. to 3 p.m.

- * Wear a hat and clothing that cover as much of the body as possible.

Heat Exhaustion

Individuals may have heat exhaustion if they're weak, dizzy, sweaty, nauseous, pale, or have cramps after being in the sun. To treat heat exhaustion, lie down in the shade, loosen clothing and apply cool wet compresses.

Drink plenty of water.

Heat Stroke

Heat stroke is a serious condition that requires immediate medical help. Left untreated, victims may die. Symptoms include hot, dry skin, headache, mental confusion, rapid pulse and breathing. Treat personnel suffering from heat stroke by moving to a shaded area. Loosen clothing, cool the person off immediately with a hose, cool bath, or wet cloths. Slightly elevate the person's head and shoulders.

Sunburn

Protect skin by using sunscreens with a sun protection factor.

- * SPF two to four - For persons who seldom burn but tan profusely.

- * SPF four to six - For those who need extra protection from sunburn.

- * SPF eight to 15 - For maximum protection with little tanning results.

- * SPF 15 and over - An ultra rating that permits no tanning.

If you do get sunburned, rinse or soak in cool water or use cold compresses. Use a mild non-medicated cream only on mild sunburns with no blisters. See a doctor for bad sunburns.



**If you see a
drunk driver
on the road,
call 911.**

Provide law
enforcement with:

- exact location
- vehicle make & model
- license plate

**One call could
save a life.**



***Integrity first, Service before self,
Excellence in all you do***

Changes to DoD policy provides confidentiality

By Dr. Michael Stacy
9th RW Sexual Assault
Response Coordinator

Editor's note: This article is the last of four articles written for National Sexual Assault Awareness Month.

In previous years, a report of sexual assault automatically triggered a criminal investigation. Unfortunately, this did not accommodate victims who felt emotionally unprepared for criminal investigations. Significant changes in DoD policy now address this challenge.

In June 2005, the DoD initiated a policy giving victims two different reporting options -- restricted and unrestricted reporting. Restricted reporting provides a victim the opportunity to confidentially disclose the details of a sexual assault to specified individuals and receive medical treatment and support services without triggering the investigative process. This option affords victims additional time to weigh their options and seek guidance regarding whether or not to participate in a

criminal investigation. An unrestricted report initiates an official investigation of an alleged sexual assault using current reporting channels. Victims receive the same medical care given in the restricted option, but this option conversely notifies command authorities immediately, initiating the investigative process.

Sexual Assault Response Coordinators and Victim Advocates advise victims on the different reporting options available, explaining the benefits and limitations of each and documenting the reporting option selected.

Increasing a victim's reporting options and improving access to the services will help the DoD create a "climate of confidence" in which servicemembers will trust that the system will respond appropriately when reporting a sexual assault and stand behind them during their recovery.

For more information, call the Beale SAPR office at 634-3339.

In case of an emergency, call the Crisis Line at 634-4000.

HERITAGE CORNER



On this day in Air Force history:

* In 1963, A Titan II, launched from an underground silo at Vandenberg AFB, made the first successful flight of intercontinental range.

* In 1972, Four Air Force fighters used Paveway I laser-guided "smart" bombs to knock down the Thanh Hoa Bridge. Prior to this attack, 871 conventional missions had caused only minor damage to the bridge.

* In 1977, When the 525th TFS arrived at Bitburg AB with its F-15 Eagles, the 36th TFW became the first unit outside the United States to be equipped with these aircraft. Through April 30, after the Ethiopian government announced the closure of some U.S. facilities in that country, 9th MAC C-141s flew 22 missions and a World Airways DC-8 flew one mission to airlift 323 Americans and 692,000 pounds of cargo from Addis Ababa and Asmara to Athens, Greece.

* In 1978, Two KC-135 crewmembers shared the distinction of being the first female navigators to perform alert duty in SAC: Capt. Elizabeth A. Koch from the 22nd AREFW at March AFB and 1st Lt. Ramona L.S. Royall from the 916th AREFS at Travis AFB.

* In 1990, After a scheduled five-month layoff, Northrop's B-2A started flying again. This six-hour, five-minute test flight above Edwards AFB took the Stealth Bomber to 35,000 feet. It also completed four mid-air refuelings with a KC-10.

* In 1995, AFSPACE declared its Global Positioning System satellites fully operational. This system provided accurate geographical coordinates.

* In 1999, To support NATO operations over Kosovo, former President William J. Clinton approved a Selected Reserve Call-Up of air refueling resources, including 47 tankers and 2,116 personnel assigned to 4 AMC-gained AFRC units and five ANG units.

Heritage Question:

Name one of the first five black military pilots.

Benjamin Davis, Jr., Lemuel Curtis, Charles DeBow, George Roberts and Mac Ross

www.afvclub.com

Beale AFB Chapel Programs Helping You to Stay Spiritually Fit!

Protestant Sunday

0900 Foothills Chapel Praise Service with Nursery
1030 Sunday School at Lone Tree Elementary ages 3 to Adult
1100 Valley Chapel Gospel Service with Nursery

Tuesday

1800 at Foothills Chapel AWANA - Cubbies to T&T with Nursery

Wednesday

0900 at Valley Chapel PWOC (Protestant Women of the Chapel) with Nursery
1900 at Valley Chapel Bible Study with Nursery

Friday

Monthly Officer Christian Fellowship – POC Capt Stremmel 634-3897
Protestant Youth, Puppet Ministry, Protestant Men – POC Ch Olson 634-4701

Catholic Sunday

0900 Religious Education at Lone Tree Elementary preschool to 12th Grade
1030 Foothills Chapel Mass
1700 Foothills Chapel Mass RCIA, Catholic Youth, Catholic Women/Men, Bible study, Baptisms – POC Leila at 634-4707

Daily

1130 Foothills Chapel Mass except Thursday

Islamic Friday

1300 Valley Chapel Islamic Prayers – POC Ed Helalian at 634-3834

Pagan Saturday

1400 Valley Chapel discussion group – POC George Cloutier 634-8887

*Question may be directed to the Chapel Staff at 634-4701 or 634-4705
Valley Chapel is at 6199 C Street on the main base near the Bowling Alley*

Foothills Chapel is at 15001 Camp Beale Highway in the housing area

“Glorifying God – Honoring Airmen – Serving All”



Congratulations quarterly award winners. (Photo by John Schwab)

Honor Guard category

Airman 1st Class
Joshua Fain
13th Intelligence Squadron

Airman category

Airman 1st Class
Edwin Tanjuaquio
9th Maintenance Operations Squadron

NCO category

Staff Sgt. Laura Anderson
9th Maintenance Operations Squadron

Senior NCO category

Master Sgt. Kendall Briscoe
9th Comptroller Squadron

Company Grade

Officer category
1st Lt Ron Hustwit
13th Intelligence Squadron

Civilian category I

Ms. Willie Barganier
9th Comptroller Squadron

Civilian category II

Wanetta King
9th Medical Operations Squadron

First sergeant

Master Sgt.
Tonie Atkinson
48th Intelligence Squadron

Recce leadership award

Master Sgt. Ernest Donohue
5th Reconnaissance Squadron

Team award

9th Maintenance Squadron
maintenance flight

Military volunteer

Tech. Sgt. Douglas Hunter
9th MXS

Community volunteer

Norman Welker
9th Medical Support Squadron

DoD civilian volunteer

Gail Hartis
9th Mission Support Squadron

**Visit the Air Force community Web Site
at <http://www.afcrossroads.com>**

Beale Bijou

634-2521



Friday evening
Code Name:
The Cleaner
(PG-13)

Cedric The Entertainer, Elizabeth Hurley

An amnesiac janitor, who is duped into thinking he is an undercover agent, is subconsciously carrying a secret that can link the FBI with an arms scandal. 84 min.



Saturday evening
Stomp the Yard
(R)

Columbus Short, Brian J. White
DJ, a troubled youth from Los

Angeles attending the historically black Truth University in Atlanta, Georgia. When adapting to his new environment proves difficult, DJ finds solace in joining a struggling fraternity where he begins implementing his street-style dance moves in an attempt to help the step team win the coveted National Step Show Championship. Before long DJ becomes the competing fraternity's main rival, while trying to pursue his new love interest, deal with his own troubled past and learn the true meanings of brotherhood and Fraternity along the way. 114 min.



Wednesday evening
Primeval
(R)

Dominic Purcell, Orlando Jones

In one of the most remote places on earth, a bloodthirsty Crocodile has claimed over 300 victims, and is still at large to this day. An American news crew is determined to capture this terrifying murderer alive. The danger begins as producer Tim Freeman, cameraman Steven Johnson and their rag-tag team set out on a journey up-river in search of their subject. But the deeper they probe into the mystery of this elusive assassin, the deadlier their trip becomes. Inspired by the true story of the worlds most prolific killer. 94 min.

April Article 15s

The following enlisted personnel were given Article 15's during April:

A 9th Aircraft Maintenance Squadron senior airman received a reduction to airman basic and a reprimand for violating Article 112a -- Wrongful Use of Vicodin.

A 9th Aircraft Maintenance Squadron airman first class received a suspended reduction to airman and a reprimand for violating Article 92 -- Failure to Obey Order or Regulation / Dereliction of Duties: Failure to follow pre-flight/post-flight checklist.

A 9th Medical Support Squadron senior airman received a reduction to airman first class, 10 extra duty days and a reprimand for violating Article 92 -- Failure to Obey Order or Regulation: Wrongful use

of government travel card.

Commanders may suspend all or part of a punishment for up to six months.

If the member fails to meet a condition of the suspension, the commander can remove the suspension and impose the punishment.

For example, a member is given a suspended reduction to airman on Dec. 1, 2006. On Jan. 1, 2007, that same member fails to meet a condition of the suspension.

The commander can impose the punishment that was suspended and the member is then reduced to airman effective Dec. 1, 2006, the date of the original action. This action is called "vacating" the suspension.

**Movies are shown at
the Community Center.
Evening movies play at 6 p.m.
The cost is free.
For more information,
call 634-3165.**

Job fair gives Reservists many options to serve

By Maj. Robert Couse-Baker
940th Air Refueling Wing
Public Affairs

When the 2005 Base Realignment and Closure Commission recommended Beale's KC-135 Stratotankers leave in 2008, Tech. Sgt. Melissa Broussard didn't know what would happen after her job went away with the aircraft.

"I was a little freaked out. It's discouraging to find out you're losing a job you like," said the Air Reserve Technician.

But after attending the 940th Air Refueling Wing's BRAC job fair April 15, she discovered there were many Air Force units seeking her skills.

Sergeant Broussard, the noncommissioned officer in charge of the 314th Air Refueling Squadron commander's support staff, met face-to-face with representatives from more than 14 different Guard and Reserve organizations, all whom are looking to hire skilled, motivated Airmen.

"The job fair was a really good thing. I think I'm going to Lackland (Air Force Base, Texas). There are several jobs there and I like San Antonio," Sergeant Broussard said.

While full-time ARTs can choose to relocate for the job, traditional Reservists usually need to find a drill position close to home. Fortunately, there were Air Force Reserve and Air National Guard units in California eager to hire Beale's displaced citizen warriors.

For example, Capt. Michael Sampognaro, commander of the 129th Maintenance Operations Flight, Moffett Federal Airfield, San-

ta Clara County, Calif., talked to a number of Beale Reservists who live near San Francisco.

"Some of the 940th members who live in the Bay Area may find serving at Moffett field might be a good fit," he said.

For Reservists in the Sacramento area, the 349th Air Mobility Wing at Travis Air Force Base, Calif., has the advantage of a commute similar to the one to Beale.

"We met a lot of good prospects interested in Travis," said Chief Master Sgt. Victor Camacho, accessories superintendent for the 349th Component Maintenance Squadron, Travis Air Force Base, Calif.

But it wasn't just maintainers who are looking at Travis. The proximity of the 349th to Sacramento is also important to many Reserve aviators, such as Senior Airman Lindy Sutton. She's now a KC-135 boom operator with the 314th Air Refueling Squadron and is planning to interview for a KC-10 Extender boom-operator position at Travis.

"I'm having a good time flying at Beale and I want to keep flying. I learned a lot of good information (at the job fair) today about interviewing for boom positions. It's really good they have so many different places represented here, especially the units that are close by, like Travis," Airman Sutton said.

Many Reservists were also looking at the 452nd Air Mobility Wing at March Air Reserve Base, Calif., the other large AFRC Wing in California.

Senior Master Sgt. Chuck Jepson, avionics flight chief for the 452nd Maintenance



Master Sgt. David Tipton, senior recruiter for the California Air National Guard's 144th Fighter Wing, Fresno Air National Guard Station, Calif., speaks with Air Force Reservists from the 940th Air Refueling Wing at a BRAC job fair at Beale Air Force Base, Calif., April 15, 2007. "They asked a lot of smart questions. Even though there's the BRAC, not one of them had a negative attitude," Sergeant Tipton said. The event was developed by supervisors from the Air Force Reserve Command's 940th Air Refueling Wing. (Photo by Maj. Robert Couse-Baker)

Squadron, March Air Reserve Base, Calif., said that was in part because the two units have a decades long association with one another, and many members have moved between the two units over the years.

"We also had a lot of interest in the hiring bonus for air reserve technicians moving to March," he said.

Qualified ARTs willing to relocate to March Field may qualify for a hiring bonus of up to \$12,000.

Not all the Airmen now supporting the KC-135 mission will leave when the tankers depart. A few will

cross-train into positions in the 940th Mission Support Group or join the 13th Reconnaissance Squadron, the programmed Reserve Associate piece of Beale's emerging Global Hawk mission.

Lt. Col. Jon Ellis, Commander of the 13th RS said there is not yet a firm schedule for hiring traditional reservists and ARTs into the Global Hawk program, but the job fair was productive for him as well.

"It was a terrific opportunity to interact on a one-on-one basis with a number of people," he said.

One thing that's likely to

be in the future of many 940th operators and maintainers, an aircraft other than the Stratotankers the unit has flown for three decades. Both the 349th and 452nd Air Mobility Wings brought C-17 Globemasters to the job fair for people to touch and see in person.

"I liked being able to see the aircraft and talk to the people about it," said Senior Airman Nick St. Thomas, an aircraft hydraulic systems specialist with the 940th Aircraft Maintenance Squadron.

"The C-17 is kind of cool. I think I'd like working on it," he said.

**Check out other 940th Air Refueling articles at
<http://www.940arw.afrc.af.mil>**

Beale chaplain receives military-wide award

By Airman 1st Class George Cloutier
9th RW Public Affairs

One of Team Beale's own chaplains was recently named the recipient of the 2006 Military Chaplains Association Distinguished Service award.

Chaplain (Lt. Col.) Jimmy Browning, 9th Reconnaissance Wing lead chaplain, received the award for his exceptional performance and dedication to the spiritual fitness and quality of life of Team Beale and the coalition forces who fight the Global War on Terror.

The award recognizes the outstanding ministry leadership of chaplains serving with not only the Air Force, but also the Army, Navy, Department of Veterans Affairs, and Auxiliary Civil Air Patrol.

Among his accomplishments, Chaplain Browning led his chapel team to success as the number one chapel team in Air Combat Command for a medium size base in 2006. He and his chapel team also earned 100 percent compliance in the 2006 Unit Compliance Inspection.

"He is a dynamo of energy and he motivates his team to match his energy level," said Chaplain (Maj.) Linda Olson, 9th RW chaplain. "It's his great exuberance and passion for his work that makes him excel. He's loved by his parishioners and cares for them. I believe it's his theological base and dedication to God that makes him an outstanding chaplain."

Chaplain Browning's influence also stretched

outside the chapel team to the Beale community. He paved the way for new faith groups including Muslim, Pagan and Native American groups.

"In my 25 years of service he is the most engaged, involved chaplain that I've ever met," said Col. John Borland, 9th Mission Support Group commander. "He's a terrific neighbor and also very involved in the community outside the church."

In the deployed environment, Chaplain Browning made many valuable contributions including forging seven new worship services and 12 study groups. He also provided counseling and comfort for coalition forces fighting the GWOT.

Chaplain Browning credits the award to the dedication of his team and the excellent mentorship he's received throughout his career.

"I am absolutely astounded in being selected for this level of recognition," Chaplain Browning said. "Without a doubt, my personal success is due to the great support and mentorship of many people throughout my career. Additionally, my immediate success is due to this chapel team and our commanders' support. The success of any individual reflects the strength of the team. And the success of any team reflects the strength of the individuals."

Chaplain Browning will be presented the award on May 17 in San Antonio, Texas, at the Military Chaplains Association National Institute.

Beale program assists new parents

By 2nd Lt Ashley Peltier
9th RW Public Affairs

"You know the only people who are always sure about the proper way to raise children? Those who've never had any," said comedian Bill Cosby.

There are many challenges associated with being a parent and instead of getting advice from those people that Bill Cosby mentions, get guidance from the professionals: parents.

The New Parent Support Program at Beale offers the resources and the answers that can help parents with the "hard" stuff.

"It's critical for parents to have education, support and guidance while raising a family," said Roberta Trumm, 9th Medical Operations Squadron staff nurse.

The NPSP offers information and resources on pregnancy, fatherhood, newborn care, mother and baby care, growth and development, breastfeeding resources, parenting, home visits and much more.

The program was started here in 1993 to help decrease potential for family maltreatment, to enhance family role adaptation, improve problem solving skills and to increase knowledge of child growth and development. And it's not just for new parents.

"Whether or not you're a first time parent, many issues arise that we sometimes are not prepared to handle whether it be lack of knowledge, family support or resources," Ms. Trumm said. "I think the more stressed parents are, the more they need positive role modeling and someone to listen to them."

The NPSP offers parents education concerning infant and toddler care, couple communication, parenting skills and provides management skills and support specifically tailored for military families.

The program also provides home-based involvement to help families adapt to parenthood and changes in family dynamics within a military environment. These involvements allow for parents to get immediate guidance and support, ultimately helping them become a more confident parent.

"When a parent has the sense of accomplishment and feels good about their parenting skills and capabilities they indirectly pass this on to their children which leads to a happier, healthier child," Ms. Trumm said.

The services that the NPSP offers are voluntary, free and flexible. The overall focus is on the children and parental impact on their lives.

Families continue to play a pivotal supporting role for members of Team Beale and the NPSP is just one of the many services that Beale offers to help support our families.

"We need to continue to do everything to give children a healthy and supportive family environment," said Ms. Trumm.

For more information on the NPSP, call Roberta Trumm at 634-0626.

AIRBORNE ISR IN 2025



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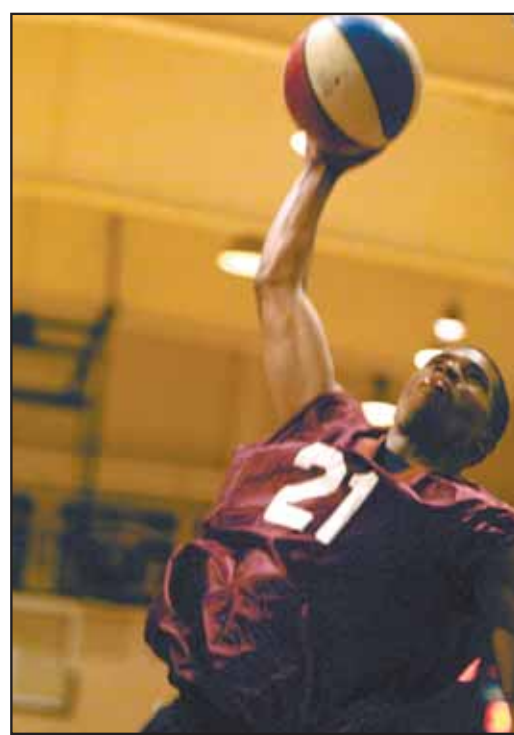
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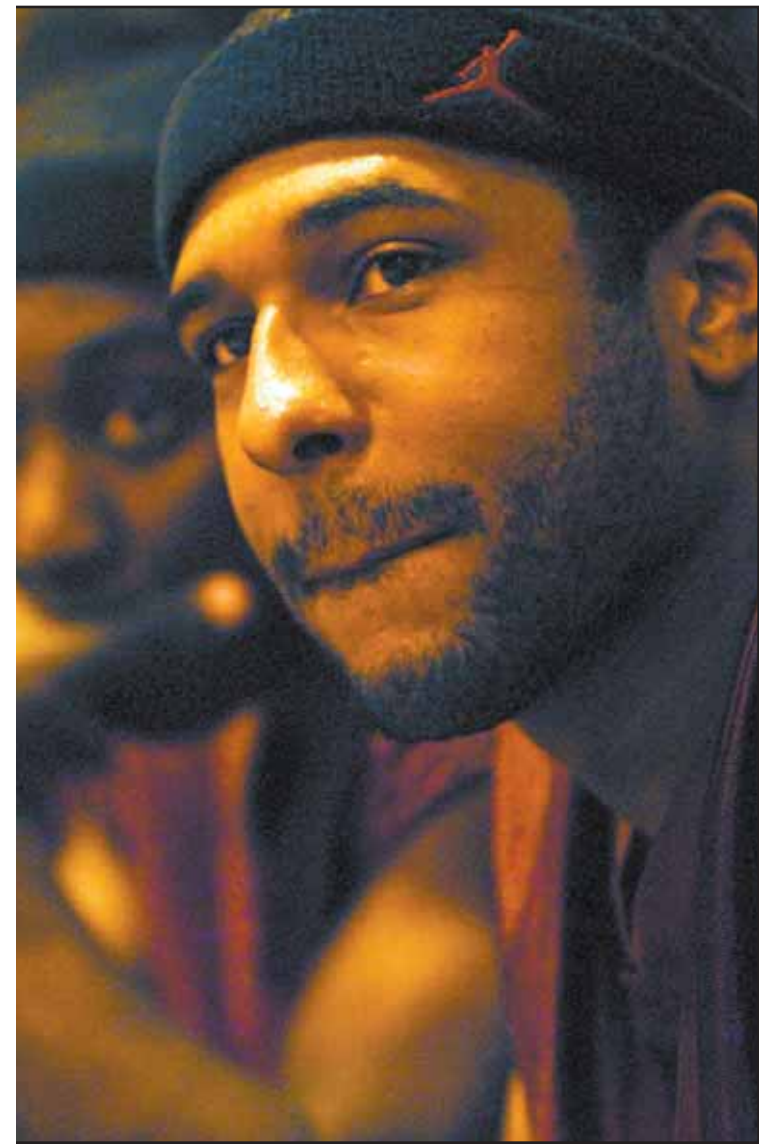
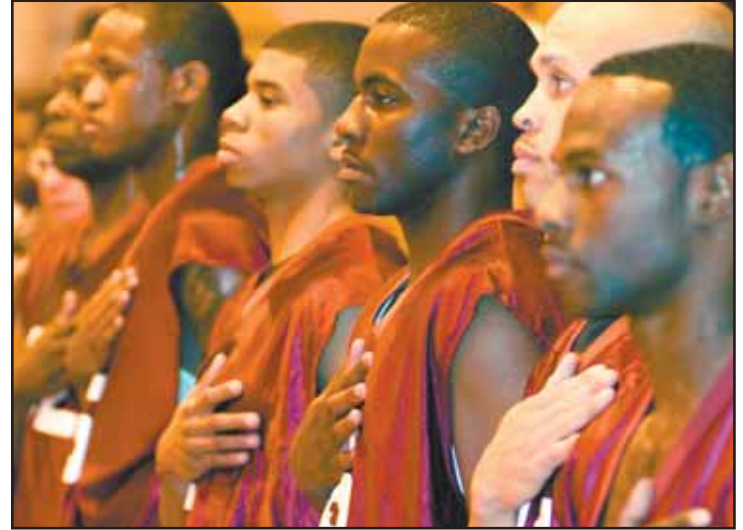
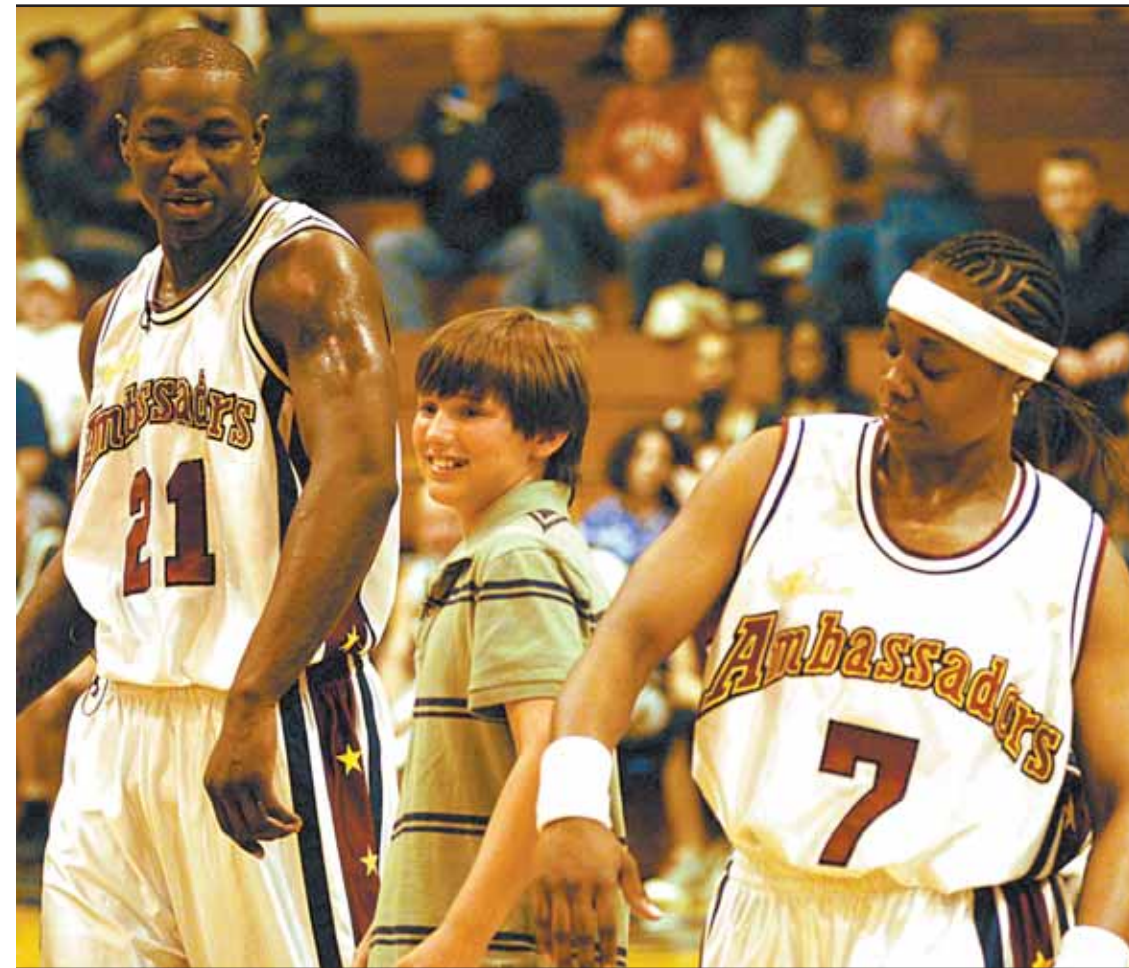
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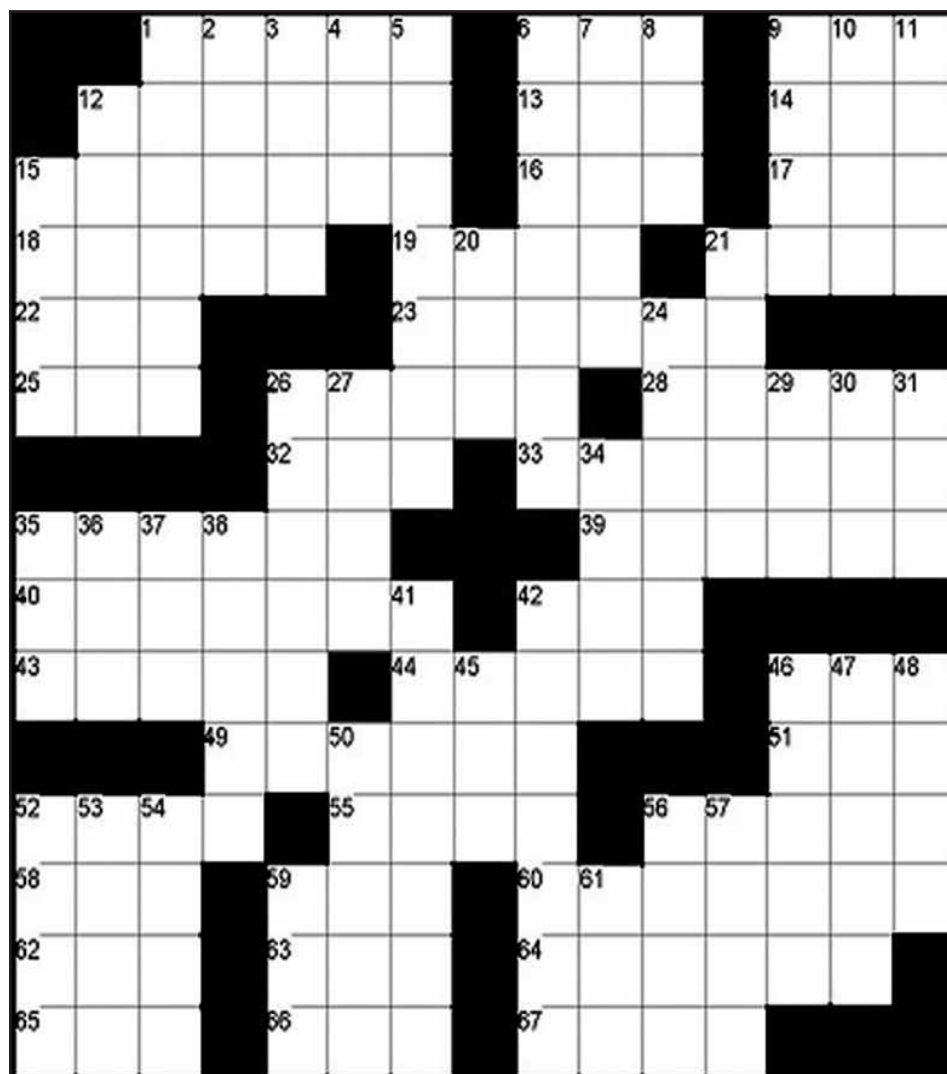
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Ambassadors defeat Beale during fun free for all



The Harlem Ambassadors defeated the Beale Varsity basketball team April 12 at the Yuba College gym. The Ambassadors, an entertainment basketball team, also played lots of interactive games with the kids and plan to return to Beale next year. (Photos by Airman 1st Class Benjamin Liu)

**SECAFs, Vol. 2**

By Capt.

Tony Wickman

71st Flying Training

Wing Public Affairs

ACROSS

1. Soup
 6. Quid pro ____
 9. SECAF from February 1, 1981 - November 30, 1985
 12. Small Asian country ruled by a sultan
 13. Vase
 14. Actress Zadora
 15. SECAF from May 1, 1957 - December 10, 1959
 16. Honest prez.
 17. Play part
 18. Nervous
 19. Indian dress
 21. Away from the wind
 22. Golf prop
 23. Interior part of a country
 25. Donkey
 26. SECAF from November 2005 - present
 28. ____ Loompa; Charlie and the Chocolate factory person
 32. ____ on; satirize
 33. Smeared words
 35. More concise
 39. Light up
 40. SECAF from February 15 1969 - May 1973

42. Constrictor
 43. Dress crease
 44. Mock
 46. Paper or plastic at the grocery store
 49. Tears up
 51. Epoch
 52. Foot part
 55. Engrave
 56. SECAF from December 11, 1959 - January 20, 1961
 58. Golden Girl Arthur
 59. ____ Vegas
 60. SECAF from May 15, 1973 - November 23, 1975
 62. Allow
 63. Tokyo, once
 64. Indifference
 65. O'Neil or Harris
 66. Writer Rand
 67. Cribbage score

DOWN

1. Beasts
 2. Carpets
 3. For Your Eyes ____
 4. Sweet, iced or brewed
 5. Snake sound?
 6. SECAF from August 15, 1955 - April 30, 1957
 7. Asphalt jungle
 8. Single
 9. October birthstone
 10. SECAF from May 1, 1989 - January 20, 1993

11. Navy equivalent to AFSC
 12. 206 in the body
 15. Computer input
 20. Writer Coulter
 21. Dress up
 24. Praline
 26. Christmas decoration
 27. Knitting need
 29. Med. scan
 30. Domesticated animal
 31. Summertime beverage
 34. King of the jungle
 35. Kitchen meas.
 36. Snakelike fish
 37. Norma ____
 38. Destroy
 41. SECAF from June 1978 - May 18, 1979
 42. Australian woodsman
 45. USAF defense lawyer
 46. Sandy place
 47. Configure
 48. Open holes
 50. Prepared
 52. Capable
 53. SECAF from January 2, 1978 - April 5, 1977
 54. Raining ____ and dogs
 56. ____ of meat
 57. Bungalows
 59. Lawn
 61. USN rank

Jenny:

Jenny follows the adventures of a young Air Force spouse determined to overcome the challenges of a military lifestyle. Drawn from the real lives of both contributors and the cartoonist, Jenny's experiences reflect the humor, ingenuity, and sheer determination necessary to be successful as the spouse of an active duty military member. For more Jenny comics, visit <http://www.jennyspouse.com>.

How to Speak German

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Beale Airmen Against Drunk Driving 634-5555

Community Briefs

Military Spouse Symposium

The Military Spouse Symposium, "Fun and Education to Show our Appreciation" is scheduled for May 11 from 9 a.m. to 2:30 p.m. in the Community Center.

The symposium will include a workshop with The Parenting Game "That's the Ticket" with Kevin McMahon among other workshops. The first 80 military parents who register will receive a free parenting game. Free child care will be provided on site but registration is required. To RSVP or for more information, call 634-2863 by May 8.

Available NAF positions

The following NAF positions are currently available at Beale: Child development program assistant, food service worker, cashier and checker, laborer, food service worker, bartender, waiter, cook, custodial worker, sundry clerk, custodial worker leader, recreation assistant, swim instructor, lifeguard, school age program assistant.

For more information, call 634-2316.

Breastfeeding support group

A free Breastfeeding Support Group is open to all women and children Mondays at 9:30 a.m. in the Foothills Chapel. For more information, call Julie Mathews at 788-7660.

Airmen's attic

The Airmen's Attic is now open and has moved behind the Omni. Hours of operation are Mondays, Wednesdays and Fridays from 10 a.m. to 2 p.m. and Tuesdays and Thursdays from 5 to 7 p.m. and the attic now serves E-7s and below and O-1 to O-3s. The attic will also be open the last Saturday of each month from 10 a.m. to noon. An all ranks day is scheduled for the last Friday of every month.

For more information, call the attic at 634-5640 or after hours at 788-2993.

Bible drive

The Beale Chapel is sponsoring a Bible drive to collect used Bibles. To do-

nate a Bible, drop them off at either the Foothills or Valley chapel.

For more information, call Cindy Stremel at 788-9767.

Wheatland, Beale community fair

The sixth annual Wheatland community fair is scheduled for Saturday from 12 to 6 p.m. at Bear River School.

For more information, call Tech Sgt. Norman Anderson at 634-5633.

Civilian call

The civilian call for April 19 has been rescheduled for Thursday at 8 a.m. at the Community Center. For more information, call 634-5057.

Housing development program

The Air Force Sergeants Association has united with Mercy Housing to improve neighborhoods and stabilize lives. Every Saturday from 8:30 a.m. to 12:30 p.m. volunteers from Team Beale can assist local low-income families build their own homes.

For more information, call Staff Sgt. Joseph Bright at 634-8872.

BAADD volunteers needed

Want to save a life? Beale Airmen Against Drunk Driving is in need of volunteers. To volunteer or for more information, call 634-5555 or 634-5700.

Legal office closure

The legal office will be closed today. For more information, call the legal office at 634-2928.

Beale blood drive

The next Beale blood drive is scheduled for May 15 from 10 a.m. to 4 p.m. at the Community Center. For more information, call Staff Sgt. Matthew Manning at 634-8435.

Resume workshop

A resume workshop is scheduled for Wednesday from 9 a.m. to noon at the

see BRIEFS page 17

BRIEFS from page 16

Airman and Family Readiness Center To open doors to employment opportunities individuals should have a strong resume. Learn how to write a targeted resume that will help land a job. Let the employment experts show how to improve a resume. For more information or to register, call 643-2863.

Federal employment workshop

A federal employment workshop is scheduled for Wednesday from 1 to 3 p.m. Learn to write a federal resume and discover how the federal hiring process works. To register, call 634-2863.

Customer Appreciation Day

The Beale supply store will be holding a Customer Appreciation Day on May 11 from 11 a.m. to 3 p.m. at 19501 Edison Ave., Building 1086, Room 494. There will be free giveaways and refreshments. For more information, call 634-8286.

APAH month

May is Asian Pacific American Heritage month and Beale is celebrating in many ways. A car wash will be held Friday and May 16 from 11 a.m. to 2 p.m. in the Base Exchange parking lot.

The month's opening ceremony will be held at the Base Exchange on May 2 at noon.

A food fair will be held May 16 at 11 a.m. at the commissary. A heritage luncheon is scheduled for May 23 from 11 a.m. to 1 p.m. at the Recce Point Club. For more information, call Grace Patterson at 634-9351 or e-mail at grace.patterson@beale.af.mil.

New Parent Support Program

The New Parent Support Program helps new parents overcome challenges by providing books, information, and resources to help through the first three years.

For more information, call Roberta Trumm at 634-0626.

Yuba amphitheater volunteers

Yuba amphitheater volunteers are needed. To participate, individuals 21 years old or older need to attend a Training Intervention Procedures for Servers of Alcohol class. Once the training is completed the individual is eligible to volunteer. Every concert that the individual volunteers at, his or her squadron will receive \$48. The next TIPS class is scheduled for Thursday from 5:30 to 9 p.m. at the Yuba Amphitheater. For more information, call Staff Sgt. Joseph Bright at 634-8872.

Retiree luncheon

The next luncheon for military retirees is scheduled for May 9 at 11:30 a.m. at Recce Point. The price is \$14 and club members will receive a \$2 discount. The meal includes marinated chicken breast, garlic mashed potatoes, balsamic grilled vegetables, rolls with butter and cookie baskets for dessert. Reservations are required no later than May 4.

For more information, call 634-3104.

Free OAC trip

The Outdoor Adventure Center and the Air Force Sergeants Association have teamed up to offer Airmen, E-1 to E-4, free transportation to the Gold Country Casino Night tonight. The \$13 cost has been paid for by AFSA to the first 22 Airmen to sign up. For more information, call the OAC at 634-2054.

Vendor fair

The 9th Contracting Squadron will be hosting the 2007 Beale Vendor's Fair on May 23 from 9 a.m. to 2 p.m. at the Community Center. This forum allows local businesses who accept the Government Purchase Card to show Team Beale members what type of service or merchandise they offer. For more information or questions, call Gloria Alexander at 634-2868.

Check out Beale articles online
<http://www.beale.af.mil>

May is Fitness Month- Weekly Fun Runs, Beale Cup, Aerobithon and Recce Challenge

Mark the month of May on your calendar and join us for the many fitness activities slated for "Fitness Month".

Since 1983, May has been observed as National Physical Fitness and Sports Month. Individuals and organizations everywhere have joined in the fun to promote awareness of the value of physical activity in the pursuit of happier, healthier, more productive lives. To further this vital mission, the President's Council on Physical Fitness and Sports reached out in 1994 to both public and private organizations to form the Presidential Fitness Partners in May. By working together in this partnership, our individual health and fitness messages will achieve increased public resonance.

Let's motivate Americans to move themselves in a healthier way this

month (and throughout the year). Here are some tips for reaching out during National Physical Fitness and Sports Month.

Running is one of the best things you can do to improve your cardiovascular endurance. Running regularly can help you lose weight, fight aging and disease, as well as help maintain good health. With the exception of cross country skiing,



running burns more calories per minute than most forms of cardiovascular training. That's one of the reasons why the Harris Fitness Center has weekly **Fun Runs** starting in May and quarterly **Recce Challenges**. This year's first 5K Fun Run will be May 2nd at the Fun Run path and will continue every Wednesday morning until Thanksgiving. Many Fun run participants are preparing for the



upcoming **Recce Challenge** bike-paddle-run held on May 31st, while others will run to maintain Air Force standards for the Fit to Fight program.

Starting May 3rd begins the first event in the 2007 season of **Beale Cup**. Events include; Jousting, Tug-o-war, Paddle/Pedal/Pant relay plus strongest and fastest man or woman competitions.

Get ready for the fitness centers' Annual **Aerobithon** coming Wednesday, May 16th from 3:00 PM to 6:00 PM at the OMNI. Aerobics Instructor Amy Frew will be instructing high energy workouts aimed for all fitness levels. The Harris Fitness Center has plenty of treadmills and several aerobic classes to help you continue with your cardiovascular training. For more information on any of these events call the Harris Fitness Center at **634-2258**.



May Fitness Month Events

May 2nd • 6:30 AM Beale Fun Runs Start Will be done every Wednesday until Thanksgiving

Every Monday through Friday 1530-1630 at the Youth Center Kids Fit Force

May 3rd • 1:00 PM Beale Cup Joust and Tug-o-war

May 10th • 8:00 AM Beale Cup Event Paddle/Pedal/Pant Relay upper Blackwelder Lake

May 16th • 3:00-6:00 PM Aerobithon Boxing Basics, Cardio Kickboxing, Boot Camp Instructed by Amy Frew

May 17th • 8:00 AM Beale Cup Event PT Challenge / Harris Fitness Center

May 19th • 9:00 AM Armed Forces Kids Run Start at the Golf Course

May 22th • 12:00 PM 3-on-3 Basketball Tournament

May 24th • 1:00 PM Beale Cup Events Strongest Man/Woman, Fastest Man Fastest Man/Woman starting at the base track

May 26th • The Pools open on base

May 31th • 8:00 AM Recce Challenge Team Adventure Race: Bike 2.3 Miles, Kayak .25 miles, Run 2.2 miles, and Bike 5.7 miles

2007 18 events... 4 quarters... **1 WINNER!**

Beale Cup

May Events:

Thurs, May 3rd: JOUST, TUG-O-WAR 1:00 PM Base Running Track	Thurs, May 17th: PT CHALLENGE 8:00 AM Harris Fitness Ctr
Thurs, May 10th: PADDLE, PEDAL & PANT RELAY 8:00 AM Upper Black Welder Lake	Thurs, May 24th: STRONGEST MAN/WOMAN FASTEST MAN/WOMAN 1:00 PM Base Running Track

UPDATED SCHEDULE • CALL FOR MORE DETAILS

Harris Fitness Center • 634-2258

9 Pin No Tap Tournament
 1st & 3rd Saturday of the Month
5pm • \$20
Cash Prizes!
Beale Lanes • 634-2299

LIFEGUARDS NEEDED!

for the **Base Pool**

GS and NAF positions available
 Great opportunity for High School and College Students
 GS positions, call Civilian Personnel at 634-2255
 NAF positions call HRO at 634-2241

Coyote Run
MAY TOURNAMENTS & EVENTS
CRCC 2-PERSON BETTER BALL
May 12th & 13th
Tee Time 8:00 AM
Full Handicap • Men & Women
 \$70 per team, plus green fees & cart.

Coyote Run Golf Course
788-0192

GOLFER'S FIELD DAY
May 18th • Dawn to Dusk
Full handicap • Men and Women
 \$10 Active duty, \$15 others.
 Includes green fees and \$5 prize fund.

Wanted: Individuals seeking leadership and people skills



The rewards of volunteering are many. Volunteering gives you an opportunity to make a difference in someone else's life. It is a vital part of any community. Not only does it provide personal growth and networking opportunities for the volunteer, it also provides support and resources for organizations that simply couldn't survive without extra help. As a volunteer, you become part of a team. It gives you a chance to learn more about your community. It allows you to show your leadership skills or helps you develop them. Volunteering gives you a chance to make new friends too. It's also a great way to enhance your resume and explore other possible careers fields. Volunteering can keep you active and gives you the opportunity to share a skill you've mastered. It helps create the kind of community you've always dreamed of. On May 2nd at 5:00 PM, the Youth Center will be conducting a Volunteer



Orientation for people 18 years and up. Volunteering allows people like you to not only help improve the lives of others, but help improve your own quality of life. This is a perfect opportunity to take on a new challenge and share your skills, your people skills, or your enthusiasm for life, your creativity, your moral values and your integrity. Call the Youth Center today and make a difference! **634-4953**

If working with children is not your forte, there are many other prospects. Call the Services Marketing Department at 634-5407 for a list of volunteer opportunities. There are openings at the OAC, the Community Center, the Marketing Department, the Library and more.

Youth Center

Teen Career Job Fair

April 27th • 2:30 PM-4:30 PM

Ages 13-18 • Admission: FREE

*Talk with a professional about a career path.
Meet vendors on site. Get help with a resume.*



SWIM TEAM REGISTRATION

May 1st-11th • Ages 5-18

\$40 members, \$50 non-members

*Beale Barracudas compete in the
Golden Valley Swim League. (Must know how to swim.)*

YOUTH CENTER • 634-4953



All You Can Eat Lunch Buffet!

Wednesday - Friday • 11:00 AM-1:00 PM

Wednesday- Southern Style	Members \$6.95,
Thursday- Italian	Non-members \$8.95
Friday- Fish & Carving Station	

Thursday Night
FAMILY DINING 5:00-7:30 PM
 Enjoy a quality meal at the Club

Recce Point Club • 634-4948

STAR WARS

BLOCK PARTY

Tues, May 8th • 5:00-7:30 PM

Adults \$4, Kids 3-15: \$1

Food - Bouce House - Activities

Drawings for Prizes

Community Center • 634-3140

THIS SATURDAY
In the BX Parking Lot!



Flea Market

Free for shoppers
\$5 Vendors

April 28th

9:00 AM-2:00 PM

Turn your excess stuff into CASH!

Community Center • 634-3140

GREAT OUTDOOR adventures!

ALL TRIPS AND TICKETS ARE OPEN TO
MILITARY & DoD CIVILIANS

Point Reyes National Seashore Hike

Sunday, May 6 • 7:30am-8:30pm •

Open to all ages Cost: \$20 *Deadline: May 2*

Feeling the need for an ocean breeze? Join OAC's Programmer as he takes you on a guided hike through some of the most dramatic scenery on the California Coast. This 10.5 mile hike will take you through mixed Douglas fir forests, open grasslands with coastal views and some great opportunity to beach access. We suggest you bring a backpack or hydration pack during this trip (available at OAC) and pack a healthy lunch, snacks, and plenty of water. Don't forget appropriate clothing for cool coastal days, and a pair of comfortable shoes. This trip is a challenging 10 mile hike for intermediate levels.

Hopland Passport Wine & Food Pairing Extravaganza

Saturday, May 5 • 7:00am-8:30pm •

Must be 21 years & older
 Cost: \$45 (transportation, souvenir wine glass, wine & food) *Deadline: May 2*

This tour will take you to 9 different wineries, each offering a special "Passport weekend" extravaganza of their own special music, food, barrel tasting, barbeques and more. Receive a Passport logo glass, entry to all wine tasting, food pairings and entertainment at the eight wineries. Enter to win the Passport Prize Giveaway....over thirty fabulous prizes will be given away!

OUTDOOR ADVENTURE CENTER • 634-2054